



# Lara S.

**Age:** 57

**Status:** Married

**Role:** Head of an Architecture office

**Education:** Master in Architecture

**Location:** Berlin

*"Looking for a therapist here in Berlin was the most horrible experience in my life. I was desperate to find someone and they were always overbooked. Finally, I think I was pretty lucky and I found one, even near my house. I went to at least 7 attempts, and they were all very bad. Oftentimes, I wanted to give up, but I knew I needed to find one. I was not doing well"*

## Goals

- Physical and Mental Wellness
- To find ways to take life lightly

## Motivations

- Well-being
- Energy to deal with questions and problems

## Frustrations

- Waking up without energy for the day
- Feeling Overwhelmed

## Background

Lara was born in Italy. She has been living in Berlin for 20 years now. Her husband Felix is from Germany, with whom she has a 15 years-old son, Matteo. She works full-time as head of an Architecture office in Berlin. She speaks a little German, but most of the time she prefers to speak in English. Her hobbies are traveling, going to exhibitions, museums and cultural entertainment. Since 12 years she has been struggling with depression and anxiety attacks. One of those took her to hospital, where the doctors suggested she should look for help with therapy. This was when her journey started. She got in contact with lots of therapists, and they were always overbooked. She even went to 3 or 4 appointments, but what irritated her the most was that she never knew what kind of therapist they were, or how they worked, or even if they were recommended at all. She was feeling really lost and alone during this whole process. It was a horrible experience and many times she thought about giving up. Lara knew she needed to find one because she was not feeling well. After a long search, she got lucky and found one whom she still is attending nowadays.